

# Insomnia

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Silvia Schill (DE) - March 2020

Musik: Insomnia - Daya



The dance begins on vocals

## **Shuffle Back Turning ½ R, Shuffle Forward Turning ½ R, Rock Back, ½ Turn L, ¼ Turn L**

- 1&2            ¼ Turn right around and step with RF to right side - LF beside RF, ¼ turn right around and step forward with RF (stretch arms to the side and circle in opposite direction) (6 o'clock)
- 3&4            ¼ Turn right around and step with LF to left side - RF beside LF, ¼ Turn right around and step back with LF (arms as in '1&2') (12 o'clock)
- 5-6            Step back with RF - weight back on the LF
- 7-8            ½ Turn left and step back with RF - ¼ Turn left around and step with LF to left side (3 o'clock)

## **Shuffle Across, Rock Side, Behind, Hold-Side-Shuffle Across**

- 1&2            Cross RF far over LF - small step with LF to left side and cross RF far over LF
- 3-4            Step with LF to left side - weight back on RF
- 5-6            Cross LF behind RF - hold
- &              small step with RF to right side
- 7&8            Cross LF far over RF - small step with RF to right side and cross LF far over RF

## **½ Turn R/Heel-Ball-Change 2x, Rock Forward & Touch, Flick**

- 1&2            ½ turn right around and tap right heel in front - RF beside LF and step on the spot with LF (4:30)
- 3&4            Same as 1&2 (6 o'clock)
- 5-6            Step forward with RF - weight back on LF
- &7-8           Pull/set RF to the LF and touch LF next to RF - LF bounce backwards (make a little jump)

## **Shuffle Forward, Step, Pivot ½ L, Step, Pivot ¼ L, Rock Forward**

- 1&2            Step forward with LF - RF beside LF and step forward with LF
- 3-4            Step forward with RF - ½ turn left around on both balls, weight at end on LF (12 o'clock)
- 5-6            Step forward with RF - ¼ turn left around on both balls, weight at end LF (9 o'clock)
- 7-8            Step forward with RF - weight back on LF

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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